



# Training changes & Summer 'Tick-over' Training Sessions

**Saturday 24<sup>th</sup> July to Monday 30<sup>th</sup> Aug 2021**

Updated V4

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Below are the training allocations for all the **Wycombe & Princes Risborough** over the month of August. The "summer tick over" is a planned set of reduced training for mainly the competitive and performance squads; at what is the end of their competitive season.

The majority of early/non-competitive squads training is retained, although slightly reduced in places. Training should be clearly laid out below; but if you are unsure what applies to you/your swimmers then please contact the coaching team directly.

Please note that I will be away on holiday from the 16<sup>th</sup> to 30<sup>th</sup> Aug. Gemma from the 16<sup>th</sup> to 30<sup>th</sup> Aug. David 19<sup>th</sup> to 30<sup>th</sup> Aug. Josh 9<sup>th</sup> to 17<sup>th</sup> Aug. Joe 2<sup>nd</sup> to the 8<sup>th</sup> August. Kieran 9<sup>th</sup> to 15<sup>th</sup> Aug. Jake will be away 28<sup>th</sup> Aug to 6<sup>th</sup> Sept. Nicky will be away 30<sup>th</sup> July to 7<sup>th</sup> Aug. The volunteer coaches will also be away/present at various times, too.

**Squad Moves** – there will be some changes for September, and these will be communicated over the coming weeks.

**New Season Squad Timetable from 31<sup>st</sup> August** – this is being reviewed and worked on, but this is facility dependant, and we are awaiting confirmation of pool time from a couple of our pools which is delaying publication. It will be published at the earliest opportunity, but we ask for your patience. Please do expect this to be given with limited notice due to things being out of our control. We will publish this ASAP.

**Important Dates** - there are a list of some important dates for your diary on the last page of this document. Please make a note of these.

**Have an enjoyable summer! – Full Training resumes for all squads from Tuesday 31<sup>st</sup> August, with all squad coaches back to normal, too.**

Yours Sincerely

Kevin Brooks - Head Coach

Kevin Brooks: [headcoach@swimwycombe.com](mailto:headcoach@swimwycombe.com) Updated on 28th July 2021

David Gee: [david.gee@swimwycombe.com](mailto:david.gee@swimwycombe.com)

## Notes:

**Stroke Improvers** - These sessions will continue as normal throughout the summer. Suzanne will communicate with you should there be any minor changes. Please contact her directly should you have any questions.

**Princes Risborough** - These sessions will continue as normal throughout the summer. However, there will be **NO TRAINING on Bank Holiday Weekend Friday 27<sup>th</sup> to Monday 30<sup>th</sup> August**. Also, Saturday 7<sup>th</sup> will be cancelled at PR but an alternative provided for at WLC. See info below.

**Enable Squad – Wycombe** - Your Wednesday Session will continue as normal throughout the summer. Should any last-minute changes be needed then Patrick (or David) will communicate this to you.

### All other squads below:

**Abbreviation key:**  
*(Only if used)*

SP – Senior Performance  
SC – Senior Competitive  
SD – Senior Development  
P1 – Potential 1  
M – Masters  
SA – Silver Academy

IP – Intermediate Performance  
YC – Youth Competitive  
ID – Intermediate Development  
P2 – Potential 2  
MSI – Masters Stroke Improvers  
GA – Gold Academy

JP – Junior Performance  
JC – Junior Competitive  
JD – Junior Development  
P3 – Potential 3  
PA – Platinum Academy

## **Remaining Training Changes before Tick-over starts**

### **Saturday 24<sup>th</sup> July**

Swim England Festival of Swimming at Wycombe

Kevin & Josh in attendance

- Masters as normal 05:45-07:00 (WLC - Long Course in 3x50m only) - **Dave**
- Intermediate Performance 05:45-07:00 (WLC - Long Course in 2x50m only - those not at Festival of Swimming 16/over) - **Josh**
- Junior Performance 05:45-07:00 (WLC - Long Course in 2x50m only) - **Joe**
- Junior Competitive 05:45-07:15 (WLC - Community Pool) - **Jake**
- Potential 1 05:30-07:00 (Godstowe School) – **Kieran**
- Potential 2 & 3 07:15-08:15 (Godstowe School) – **Kieran**
- **Saturday Stroke Improvers Moved to Sunday 08:00-09:00am at Godstowe**
- Princes Risborough as normal.
- **All other training Cancelled.**

### **Sunday 25<sup>th</sup> July**

Swim England Festival of Swimming at Wycombe

Kevin & Josh in attendance

- Masters and Stroke Improvers as normal at Godstowe School (with Joe & Suzanne)
- Senior Performance training on for those not at 16/over Festival, but only 07:00-07:50am (with Kevin)
- **All other training cancelled throughout the day at Wycombe, due to the Festival.**

## Summer Tick-over Programme 31<sup>st</sup> July to 30<sup>th</sup> August Inclusive

Swim England Summer Festival at Crawley 31<sup>st</sup> & 1<sup>st</sup> - Josh in attendance (No Team Manager)  
 Guildford Summer Level 3 Meet 31<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup> - Kevin, Joe & Josh in attendance (Team Managers TBC)

**Note** – as indicated on Page 1 - all Princes Risborough Training remains as normal except on Saturday 7<sup>th</sup> August your training will take place at Wycombe 08:30-10:00.

DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Saturday 31 <sup>st</sup> July	05:30-07:00	Senior Competitive	Jake	GOD	Lanes 1-4
	05:45-07:00	Masters	Set to be provided by Joe	WLC – 25m - Shallow	Lanes 1-8
	05:45-07:00	Potential 1,2 & 3	Kieran & George	WLC - 25m - Deep	Lanes 1-8
	07:15-08:15	Stroke Improvers	Suzanne & Jake	GOD	Lanes 1-4
	08:30-09:15	Silver	Fred & Helpers	WLC - 25m - Deep	Lanes 1-8
	08:30-10:30	Gold & Platinum	Kieran & Helpers	WLC – 25m - Shallow	Lanes 1-8
	09:30-11:15	JC & JP	Jake & Kieran	WLC - 25m - Deep	Lanes 1-8
	11:30-12:30	Junior Development	Kieran	WLC - 25m - Deep	Lanes 1-4
	11:30-12:30	Youth Competitive	Jack	WLC - 25m - Deep	Lanes 5-8

DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Sunday 1 <sup>st</sup> Aug	<b>IP &amp; SP Training Cancelled due to Guildford and Summer Festival Meets.</b>				
	06:45-07:45	Masters	Jake	GOD	Lanes 1-4
	08:00-09:00	Stroke Improvers	Suzanne & Jake	GOD	Lanes 1-4
	09:30-11:00	JP	Kieran	WLC - 25m – Deep	Lanes 1-4
	09:30-11:00	JC	Jake	WLC - 25m - Deep	Lanes 5-8
	11:15-13:15	SC & YC	Jake	WLC - 25m - Deep	Lanes 1-8
	13:30-15:00	P1	Kieran & Helpers	WLC - 25m - Deep	Lanes 1-4
	13:30-14:30	P2 & P3	Kieran & Helpers / George TBC	WLC - 25m - Deep	Lanes 5-8
	14:45-16:15	Senior Development	Jack	WLC - 25m - Deep	Lanes 1-4
15:15-16:15	Platinum Academy	George	WLC - 25m - Deep	Lanes 5-8	

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 David Gee: [david.gee@swimwycombe.com](mailto:david.gee@swimwycombe.com)

DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Monday 2 <sup>nd</sup> Aug	05:45 to 07:45	IP, SP & SC (not at Guildford)	Kieran, Jake	WLC - 50m	Lanes 1 to 6
	16:15 to 18:15	IP, SP (not at Guildford)	Kieran, Jake	WLC - 25m – Deep	Lanes 1 to 8
	18:30 to 19:45	SC, YC & P1	Jake, Jack & Kieran	WLC - 25m - Deep	Lanes 1 to 8
	20:00 to 21:00	ID, SD & Masters	Jack, George & Kieran	WLC - 25m – Deep	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Tuesday 3 <sup>rd</sup> Aug	05:45 to 07:45	SP, SC, JC + <i>Invited Masters</i>	Kevin, Kieran & Jake	WLC - 50m	Lanes 1 to 8
	16:15 to 18:15	SP, IP	Kevin, Josh	WLC – 25m – Deep	Lanes 1 to 8
	16:15 to 17:15	SC	Jake	WLC – 25m - Shallow	Lanes 1 to 4
	16:15 to 17:15	Silver, SI	George, Suzanne	WLC – 25m - Shallow	Lanes 5 to 8
	17:30 to 18:30	P1, P2, P3	Kieran, Jake, George	WLC – 25m - Shallow	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Josh, Jake	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 19:45	Gold, Platinum	Kieran, George	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	ID, JD	Patrick, Jake	WLC – 25m - Shallow	Lanes 1 to 4
	20:00 to 21:00	SD	Jack	WLC – 25m - Shallow	Lanes 5 to 8
20:00 to 21:00	Masters	Kieran, George	WLC – 25m - Deep	Lanes 1 to 8	
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Wednesday 4 <sup>th</sup> Aug	05:45 to 07:45	JP, JC,	Jake	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	Masters	Josh	GOD	Lanes 1 to 4
	16:30 to 18:30	IP, SP	Kevin, Josh & Jake	WLC - 25m - Deep	Lanes 1 to 8
	18:45 to 20:00	SC, YC, JP	Josh(JP), Jack & George (SC&YC)	WLC - 25m - Deep	Lanes 1 to 8
	20:15 to 21:00	Enable & Fitness	Patrick & Jack	WLC - 25m - Deep	Lanes 1 to 8
	19:45 to 21:00	Masters	Jake	RYE LIDO	Lanes 1 to 6
	DAY	TIME	SQUADS	LEAD COACH	POOL
Thursday 5 <sup>th</sup> Aug	05:45 to 07:45	SP, IP, JP	Kevin, Josh, Jake	WLC – 50m	Lanes 1 to 8
	05:30 to 07:15	P1 & P2	Kieran	GOD	Lanes 1 to 4
	16:30 to 18:30	SP, IP	Kevin, Josh, Kieran	WLC – 25m – Deep	Lanes 1 to 8
	17:00 to 18:00	JP, JC, P1	Gemma	LAND TRAINING	GEMMA ZOOM
	18:00 to 19:00	P2, P3, Platinum Academy	Gemma	LAND TRAINING	GEMMA ZOOM
	18:00 to 20:00	JC	Jake	GOD	Lanes 1 to 4

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DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Friday 6 <sup>th</sup> Aug	05:45 to 07:45	SP, Masters	Kevin, Kieran	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	SC	David	GOD	Lanes 1 to 4
	16:30 to 17:45	Potential 1,2 & 3	Kieran, Josh, George	WLC - 25m - Deep	Lanes 1 to 8
	<b>16:30 to 17:15</b>	<b>IP, SP &amp; SC</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
	18:00 to 19:45	IP, SP	Josh, Kieran	WLC - 25m - Deep	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Jake, Patrick	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	YC, SD,	Jake, Jack	WLC – 25m Deep	Lanes 1 to 8
	20:00 to 21:00	ID, Fitness, Masters	George, Patrick	WLC – 25m –Shallow	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Saturday 7 <sup>th</sup> Aug	05:45 to 07:00	Masters	Jake	WLC- 25m – Shallow	Lanes 1 to 8
	05:45 to 07:00	SC, P1	David, Kieran	WLC - 25m – Deep	Lanes 1 to 8
	05:45 to 06:45	P2, P3	George	WLC – Community	Lanes 1 to 4
	06:45 to 07:45	Silver	David, Sharon	WLC – Community	Lanes 1 to 4
	07:45 to 08:45	Stroke Improvers	Suzanne,	WLC – Community	Lanes 1 to 4
	<b>08:00 to 09:00</b>	<b>SC, YC, MASTERS</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
	08:30 to 10:00	Gold & Plat & JD & Princes Ris. Gold & Plat	Fred, Kieran	WLC - 25m – Shallow	Lanes 1 to 8
	08:30 to 10:30	JP, JC, YC	Jake, David	WLC – 25m – Deep	Lanes 1 to 8
	<b>09:00 to 10:00</b>	<b>Potential 1-2-3</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Sunday 8 <sup>th</sup> Aug	07:00 to 09:00	SP, IP	Kevin, Josh	WLC - 50m	Lanes 1 to 8
	07:00 to 08:00	Masters	Kieran	WLC – Community	Lanes 1 to 4
	08:00 to 09:00	Stroke Improvers	Suzanne	WLC – Community	Lanes 1 to 4
	<b>10:00 to 11:00</b>	<b>SP, IP, SC</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>

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Monday 9 <sup>th</sup> Aug	05:45 to 07:45	IP, SP	Kevin & Jake	WLC - 50m	Lanes 1 to 6
	16:15 to 18:15	IP, SP	Kevin & Jake	WLC - 25m – Deep	Lanes 1 to 8
	18:30 to 19:45	SC, YC & P1	David, Jack & Jake	WLC - 25m - Deep	Lanes 1 to 8
	20:00 to 21:00	ID, SD & Masters	David, George & Jack	WLC - 25m – Deep	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Tuesday 10 <sup>th</sup> Aug	05:45 to 07:45	SP, SC, JC + <i>Invited Masters</i>	Kevin, David, Joe	WLC - 50m	Lanes 1 to 8
	16:15 to 18:15	SP, IP	Kevin & Joe	WLC – 25m – Deep	Lanes 1 to 8
	16:15 to 17:15	SC	David	WLC – 25m - Shallow	Lanes 1 to 4
	16:15 to 17:15	Silver, SI	Nicky, Suzanne	WLC – 25m - Shallow	Lanes 5 to 8
	17:30 to 18:30	P1, P2, P3	David, Jake, George	WLC – 25m - Shallow	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 19:45	Gold, Platinum	Fred, George	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	ID, JD	Patrick, Jake	WLC – 25m - Shallow	Lanes 1 to 4
	20:00 to 21:00	SD	Jack	WLC – 25m - Shallow	Lanes 5 to 8
	20:00 to 21:00	Masters	George	WLC – 25m - Deep	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Wednesday 11 <sup>th</sup> Aug	05:45 to 07:45	JP, JC,	Joe & Jake	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	Masters	David	GOD	Lanes 1 to 4
	16:30 to 18:30	IP, SP	Kevin & Jake	WLC - 25m - Deep	Lanes 1 to 8
	18:45 to 20:00	SC, YC, JP	Joe, Jake, Jack	WLC - 25m - Deep	Lanes 1 to 8
	20:15 to 21:00	Enable & Fitness	Patrick & Jack	WLC - 25m - Deep	Lanes 1 to 8
	19:45 to 21:00	Masters	David	RYE LIDO	Lanes 1 to 6
	DAY	TIME	SQUADS	LEAD COACH	POOL
Thursday 12 <sup>th</sup> Aug	05:45 to 07:45	SP, IP, JP	Kevin, Joe	WLC – 50m	Lanes 1 to 8
	05:30 to 07:15	P1 & P2	Jake	GOD	Lanes 1 to 4
	16:30 to 18:30	SP, IP	Kevin, Joe	WLC – 25m – Deep	Lanes 1 to 8
	17:00 to 18:00	JP, JC, P1	Gemma	LAND TRAINING	GEMMA ZOOM
	18:00 to 19:00	P2, P3, Platinum Academy	Gemma	LAND TRAINING	GEMMA ZOOM
	18:00 to 20:00	JC	Jake	GOD	Lanes 1 to 4

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Friday 13 <sup>th</sup> Aug	05:45 to 07:45	SP, Masters	Kevin, Jake	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	SC	David	GOD	Lanes 1 to 4
	16:30 to 17:45	Potential 1,2 & 3	Jake, Joe, George	WLC - 25m - Deep	Lanes 1 to 8
	<b>16:30 to 17:15</b>	<b>IP, SP &amp; SC</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
	18:00 to 19:45	IP, SP	David, Joe	WLC - 25m - Deep	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Jake, Patrick	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	YC, SD,	Jake, Jack	WLC – 25m Deep	Lanes 1 to 8
20:00 to 21:00	ID, Fitness, Masters	George, Patrick	WLC – 25m –Shallow	Lanes 1 to 8	
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Saturday 14 <sup>th</sup> Aug	05:45 to 07:00	Masters	Jake	WLC- 25m – Shallow	Lanes 1 to 8
	05:45 to 07:00	SC, P1	David, Joe	WLC - 25m – Deep	Lanes 1 to 8
	05:45 to 06:45	P2, P3	George	WLC – Community	Lanes 1 to 4
	06:45 to 07:45	Silver	David, Nicky, Sharon	WLC – Community	Lanes 1 to 4
	07:45 to 08:45	Stroke Improvers	Suzanne,	WLC – Community	Lanes 1 to 4
	<b>08:00 to 09:00</b>	<b>SC, YC, MASTERS</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
	08:30 to 10:00	Gold & Plat & JD	Fred, David	WLC - 25m – Shallow	Lanes 1 to 8
	08:30 to 10:30	JP, JC, YC	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
	<b>09:00 to 10:00</b>	<b>Potential 1-2-3</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Sunday 15 <sup>th</sup> Aug	07:00 to 09:00	SP, IP	Kevin, Joe	WLC - 50m	Lanes 1 to 8
	07:00 to 08:00	Masters	Jake	WLC – Community	Lanes 1 to 4
	08:00 to 09:00	Stroke Improvers	Suzanne	WLC – Community	Lanes 1 to 4
	<b>10:00 to 11:00</b>	<b>SP, IP, SC</b>	<b>GEMMA</b>	<b>LAND TRAINING</b>	<b>Gemma Zoom</b>
	13:00-16:00	SP & Invited.	Kevin	WLC – 25m Deep	Lanes 1 to 8

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DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Monday 16 <sup>th</sup> Aug	05:45 to 07:45	IP, SP	David, Kieran	WLC - 50m	Lanes 1 to 6
	16:15 to 18:15	IP, SP	David, Kieran	WLC - 25m – Deep	Lanes 1 to 8
	18:30 to 19:45	SC, YC & P1	David, Jack, Kieran	WLC - 25m - Deep	Lanes 1 to 8
	20:00 to 21:00	ID, SD & Masters	Jack, George & Kieran	WLC - 25m – Deep	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Tuesday 17 <sup>th</sup> Aug	05:45 to 07:45	SP, SC, JC + <i>Invited Masters</i>	David, Kieran, Joe	5 WLC - 50m	Lanes 1 to 8
	16:15 to 18:15	SP, IP	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
	16:15 to 17:15	SC	David	WLC – 25m - Shallow	Lanes 1 to 4
	16:15 to 17:15	Silver, SI	Nicky & Suzanne	WLC – 25m - Shallow	Lanes 5 to 8
	17:30 to 18:30	P1, P2, P3	Kieran, David, George	WLC – 25m - Shallow	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 19:45	Gold, Platinum	Fred, Kieran, George	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	ID, JD	Patrick, Jake, Nicky	WLC – 25m - Shallow	Lanes 1 to 4
	20:00 to 21:00	SD	Jack	WLC – 25m - Shallow	Lanes 5 to 8
20:00 to 21:00	Masters	Kieran, George	WLC – 25m - Deep	Lanes 1 to 8	
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Wednesday 18 <sup>th</sup> Aug	05:45 to 07:45	JP, JC & <b>SP</b>	Joe, Jake	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	Masters	David	GOD	Lanes 1 to 4
	16:30 to 18:30	IP, SP	Joe, Josh	WLC - 25m - Deep	Lanes 1 to 8
	18:45 to 20:00	SC, YC, JP	David, Joe, Jack	WLC - 25m - Deep	Lanes 1 to 8
	20:15 to 21:00	Enable & Fitness	Patrick & Jack	WLC - 25m - Deep	Lanes 1 to 8
	19:45 to 21:00	Masters	Jake	RYE LIDO	Lanes 1 to 6
	DAY	TIME	SQUADS	LEAD COACH	POOL
Thursday 19 <sup>th</sup> Aug	05:45 to 07:45	SP, IP, JP	Josh, Joe	WLC – 50m	Lanes 1 to 8
	05:30 to 07:15	P1 & P2	Kieran	GOD	Lanes 1 to 4
	16:30 to 18:30	SP, IP	Josh, Jake	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 20:45	JC	Jake	GOD	Lanes 1 to 4
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Friday 20 <sup>th</sup> Aug	05:45 to 07:45	SP, Masters	Kieran	WLC - 50m	Lanes 1 to 6

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	05:30 to 07:15	SC	Jake	GOD	Lanes 1 to 4
	16:30 to 17:45	Potential 1,2 & 3	Kieran, Joe, Jake	WLC - 25m - Deep	Lanes 1 to 8
	18:00 to 19:45	IP, SP	Josh, Kieran	WLC - 25m - Deep	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Joe, Jake	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	YC, SD,	Jack	WLC – 25m Deep	Lanes 1 to 8
	20:00 to 21:00	ID, Fitness, Masters	George, Jake	WLC – 25m –Shallow	Lanes 1 to 8
<b>DAY</b>	<b>TIME</b>	<b>SQUADS</b>	<b>LEAD COACH</b>	<b>POOL</b>	<b>LANE</b>
Saturday 21 <sup>st</sup> Aug	05:45 to 07:00	Masters	Joe	WLC- 25m – Shallow	Lanes 1 to 8
	05:45 to 07:00	SC, P1	Jake, Kieran	WLC - 25m – Deep	Lanes 1 to 8
	05:45 to 06:45	P2, P3	George	WLC – Community	Lanes 1 to 4
	06:45 to 07:45	Silver	Nicky	WLC – Community	Lanes 1 to 4
	07:45 to 08:45	Stroke Improvers	Suzanne, Nicky	WLC – Community	Lanes 1 to 4
	08:30 to 10:00	Gold & Plat & JD	Fred, Kieran	WLC - 25m – Shallow	Lanes 1 to 8
	08:30 to 10:30	JP, JC, YC	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
<b>DAY</b>	<b>TIME</b>	<b>SQUADS</b>	<b>LEAD COACH</b>	<b>POOL</b>	<b>LANE</b>
Sunday 22 <sup>nd</sup> Aug	07:00 to 09:00	SP, IP	Josh, Joe	WLC - 50m	Lanes 1 to 8
	07:00 to 08:00	Masters	Jake	WLC – Community	Lanes 1 to 4
	08:00 to 09:00	Stroke Improvers	Suzanne	WLC – Community	Lanes 1 to 4

DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Monday 23 <sup>rd</sup> Aug	05:45 to 07:45	IP, SP	Josh, Kieran	WLC - 50m	Lanes 1 to 6
	16:15 to 18:15	IP, SP	Josh, Jake	WLC - 25m – Deep	Lanes 1 to 8
	18:30 to 19:45	SC, YC & P1	Jake, Jack & Kieran	WLC - 25m - Deep	Lanes 1 to 8
	20:00 to 21:00	ID, SD & Masters	Jack, George & Kieran	WLC - 25m – Deep	Lanes 1 to 8
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Tuesday 24 <sup>th</sup> Aug	05:45 to 07:45	SP, SC, JC + <i>Invited Masters</i>	Joe, Kieran, Jake	50m	Lanes 1 to 8
	16:15 to 18:15	SP, IP	Josh, Joe	WLC – 25m – Deep	Lanes 1 to 8
	16:15 to 17:15	SC	Kieran	WLC – 25m - Shallow	Lanes 1 to 4
	16:15 to 17:15	Silver, SI	Nicky, George, Suzanne	WLC – 25m - Shallow	Lanes 5 to 8
	17:30 to 18:30	P1, P2, P3	Kieran, Jake, George	WLC – 25m - Shallow	Lanes 1 to 8
	18:30 to 19:45	JP, JC	Joe, Jake	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 19:45	Gold, Platinum	Fred, Kieran, George	WLC – 25m - Shallow	Lanes 1 to 8
	20:00 to 21:00	ID, JD	Jake, Nicky	WLC – 25m - Shallow	Lanes 1 to 4
	20:00 to 21:00	SD	Jack	WLC – 25m - Shallow	Lanes 5 to 8
20:00 to 21:00	Masters	Kieran, George	WLC – 25m - Deep	Lanes 1 to 8	
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Wednesday 25 <sup>th</sup> Aug	05:45 to 07:45	JP, JC	Joe, Josh	WLC - 50m	Lanes 1 to 6
	05:30 to 07:15	Masters	Jake	GOD	
	16:30 to 18:30	IP, SP	Josh, Joe	WLC - 25m - Deep	Lanes 1 to 8
	18:45 to 20:00	SC, YC, JP	Joe, Jack	WLC - 25m - Deep	Lanes 1 to 8
	20:15 to 21:00	Enable & Fitness	TBC & Jack	WLC - 25m - Deep	Lanes 1 to 8
	19:45 to 21:00	Masters	Jake	RYE LIDO	Lanes 1 to 6
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Thursday 26 <sup>th</sup> Aug	05:45 to 07:45	SP, IP, JP	Josh, Joe	WLC – 50m	Lanes 1 to 8
	05:30 to 07:15	P1 & P2	Kieran	GOD	Lanes 1 to 4
	16:30 to 18:30	SP, IP	Joe, Kieran	WLC – 25m – Deep	Lanes 1 to 8
	18:45 to 20:45	JC	Jake	GOD	Lanes 1 to 4
DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Friday 27 <sup>th</sup> Aug	05:45 to 07:45	SP, Masters	Joe, Kieran	WLC - 50m	Lanes 1 to 6

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Friday 27<sup>th</sup> PM,  
Saturday 28<sup>th</sup> AM & PM  
Sunday 29<sup>th</sup> AM & PM  
Monday 30<sup>th</sup> August AM & PM

All Training cancelled, as with previous years, for the Bank Holiday Weekend

**FULL training resumes from Tuesday 31<sup>st</sup> August – as per the new timetable\***

**Please also check any training changes on the club website for this week**

*\*this new timetable will be published ASAP, once availability of venues and Covid protocols are known/decided.*

#### **Important Information for competitive swimmers**

A summer tick over (or complete rest) for the competitive/performance squads is an essential during some of August.

This recovery time brings the season to a close and allows swimmers/families (& coaches!) the chance to have some 'time out' (A break that doesn't affect the training going towards important target meets & goals – i.e. Regional's/End of Season Meets/Nationals)

During this resting phase it is important to stay active and reduce calorie intake! Swimmers should aim to attend the reduced sessions on offer wherever possible. This will ensure that basic fitness levels are retained.

## DATES FOR YOU DIARY

Note – this is a provisional fixtures list, and a proper fixtures list is being worked on and will be published in due course. We are awaiting on a number of Clubs posting information on their Level 3 meets coming up, and we will update as we know more.

25 <sup>th</sup> & 26 <sup>th</sup> September	WDSC Club Championships	Open to all swimmers
Saturday 9 <sup>th</sup> October	Arena National League (A, B & C Teams) – normal or virtual tbc	Selected swimmers
Saturday 16 <sup>th</sup> & Sunday 17 <sup>th</sup> October	City of Birmingham Level 2 Open Meet	Open to SP, IP, JP & Identified Swimmers that qualify – subject to rejections
Saturday 6 <sup>th</sup> & Sunday 7 <sup>th</sup> November	South East Regional Short Course Championships (16/under and Open only)	Open to all swimmers that qualify – subject to rejections
Saturday 13 <sup>th</sup> November	Arena National League (A, B & C Teams) – normal or virtual tbc	Selected swimmers
20 <sup>th</sup> – 21 <sup>st</sup> November	Guildford Level 2 Short Course Meet	Open to SP, IP, JP & Identified Swimmers that qualify – subject to rejections
26 <sup>th</sup> , 27 <sup>th</sup> & 28 <sup>th</sup> November	Wycombe Swimming November Level 3 Short Course Meet	Open to ALL WDSC that are eligible. <i>Only identified IP and SP swimmers to enter.</i>
3 <sup>rd</sup> 4 <sup>th</sup> & 5 <sup>th</sup> December	Swim England Winter Championships	Open to all Performance that Qualify
Saturday 11 <sup>th</sup> December	Arena National League (A, B & C Teams) – normal or virtual tbc	Selected swimmers

### Club Championships Weekend 25<sup>th</sup> & 26<sup>th</sup> September

Full details of this competition will be released shortly.

All Club swimmers are expected to enter; however, any performance swimmer in SP should discuss entries with Kevin.

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